

August 2009

# THE FRUIT AND VEGGIE BUZZ

The Newsletter for the Fresh Fruit and Vegetable Program in Indiana

Volume 4, Issue 6



**FFVP Website:**

[www.doe.in.gov/food/FFVP](http://www.doe.in.gov/food/FFVP)

## Inside this issue:

Welcome Back	1
Parent Handouts	1
Cooking with Kids	2
Farmers in the Classroom	2
What's in Season	2
DOE's Lending Library	2
Activity Page	3 & 4



## Welcome Back to School

Welcome Back FFVP Schools! The Department of Education is excited about assisting you in implementing the FFVP in your school. In order to prepare you for the beginning of the school year, here are a few reminders.

- All completed student surveys and coversheets should be returned to Sarah Kenworthy by postmarked date Friday, Sept. 11, 2009. All surveys should be completed prior to starting the FFVP

in your school.

- The August claim form is due Sept. 10th. Please call Sarah Kenworthy if you have any questions when filling out your claim.
- The fund tracking spreadsheet has been updated for 2010 on the FFVP website. You should have also received it via e-mail and at the training.
- Please send your FFVP success

stories to Sarah Kenworthy and you could be featured in our FFVP Newsletter. Send pictures along with your success stories!  
([skenworthy@doe.in.gov](mailto:skenworthy@doe.in.gov))



## Parent Handouts

Need easy to read parent handouts that you can download and print off? The Department of Education has put together a list of websites with parent handouts that you can use at your school. There are several influences on a student's intake of fruits and vegetables, but research has shown that parents are a major influence in the consumption of fruits and vegetables in their child's diet.

You can use the parent handout's in a variety of ways. Here are just a few ideas: put parent handouts on your school's website, in your school's newsletter, on a bulletin board, in the school building's office, on a table for back to school night, at parent-teacher conferences, in the fruit and vegetable baskets sent to the classroom, and at other events held at the school. Be creative and have fun! Some of the websites provide English and Spanish versions.

Here are the following links with the parent handouts:

<http://www.cdc.gov/HealthyYouth/physicalactivity/brochures/index.htm>

<http://www.cdc.gov/print.do?url=http%3A//www.fruitsandveggiesmatter.gov/what/examples.html>

<http://www.nutritionexplorations.org/educators/classroom-connections-handouts.asp>

<http://www.extension.umn.edu/NUTRITION/handouts.html>

[http://cesanluisobispo.ucdavis.edu/Nutrition\\_Family\\_and\\_Consumer\\_Science208/Lunch\\_Box\\_Handouts.htm](http://cesanluisobispo.ucdavis.edu/Nutrition_Family_and_Consumer_Science208/Lunch_Box_Handouts.htm)



*Cooking with Kids*<sup>TM</sup>  
hands-on food & nutrition education



Need a great website to get free nutrition lessons. Visit the *Cooking with Kids* website. Go to the link on the left side of the page that says “What’s Available”. Under “What’s Available”, you will find a link that has free nutrition lesson downloads. These nutrition lessons have English and Spanish versions. They have great nutrition lesson plans grades kindergarten through sixth.

Check out the activity pages of the FFVP Newsletter and see the great nutrition activity for

*In order to access the free lessons, you do need to create a log-in and password.*

*Access the Website at the link below:*

[http://cookingwithkids.net/cgi-bin/cookman/page.cgi?q=About\\_Us%2Findex.html;d=1](http://cookingwithkids.net/cgi-bin/cookman/page.cgi?q=About_Us%2Findex.html;d=1)

grades kindergarten through first from the *Cooking with Kids* website.

The *Cooking with Kids* website offers other information such as free downloads of tasting lessons, letters from farmers, food history, nutrition information, student activities, and simple recipes for elementary students.

Some of the featured foods include tomatoes, apples, citrus, salad, melons, peas, nut & dried fruits, grapes, and raisins. The students are encouraged to explore their five senses and to have fun.



## Farmers in the Classroom

After talking with the Department of Agriculture, we got some great ideas on how to get in touch with farmers. The Department of Agriculture has provided a great resource called the 2008 Indiana Farmers’ Market, U-Pick and Agritourism Directory. This manual has a listing of farmers that have a focus on nutrition education. If you are looking to visit a farm or want a farmer to come to your school, use this manual to find a farm in your area.

The manual contains icons and tips, map of the counties, agritourism by county, list of farmer’s markets, u-pick locations, and other sites.

It lists the agritourism by county with an icon or tip next to each site. Each site (farm) listed has information such as the address of the site, the website, times they are open, and other information on the site.



The farms that are featured range from apples, blueberries, broccoli, melons, peaches, and squash. Throughout the directory, it lists some agricultural fun facts for the classroom. This is a great resource to share with principals and teachers.

[http://www.in.gov/isda/files/AgDirectory\\_smallfile.pdf](http://www.in.gov/isda/files/AgDirectory_smallfile.pdf)



## What's in Season?



Check out the link below to find out which fruits and vegetables from Indiana are in season:

[http://www.in.gov/isda/files/Harvest\\_Calendar.pdf](http://www.in.gov/isda/files/Harvest_Calendar.pdf)



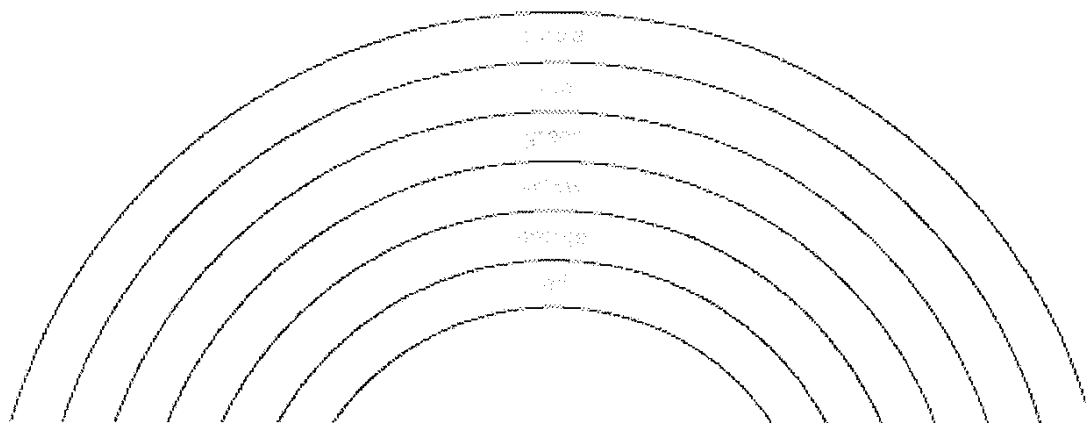
## DOE's Lending Library



Schools now have the ability to get online and select nutritional education materials from the DOE’s lending library. Go to [www.doe.in.gov/food/teamnutrition](http://www.doe.in.gov/food/teamnutrition) and click on the lending library tab. Under the lending library tab, there is a PDF which contains the titles, descriptions, and a few pictures of the materials in the lending library. There is a form that schools can fill out and e-mail, fax, or mail to Heather Stinson. Mail the form to Heather Stinson, School and Community Nutrition, 151 W. Ohio St., Indianapolis, IN 46204, fax her at 317-232-0855, or e-mail her at [hstinson@doe.in.gov](mailto:hstinson@doe.in.gov).

## Rainbow of Foods

Fruits and vegetables grow in many colors. One way to be healthy is to eat fresh fruits and vegetables every day.

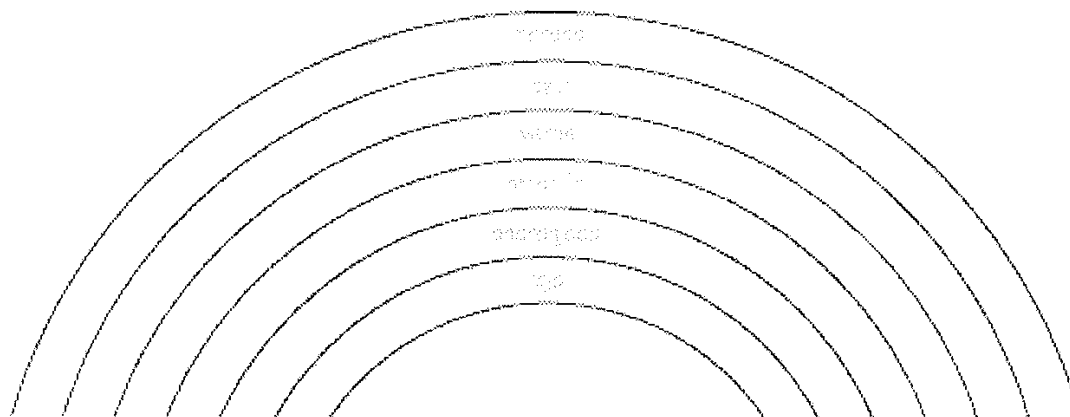


► Color the rainbow.

Blue-Purple	Green	Yellow	Orange	Red
Blueberries	Lettuce	Grapefruit	Oranges	Tomatoes
Red cabbage	Peas	Yellow tomatoes	Sweet potatoes	Strawberries
Eggplant	Spinach	Bananas	Winter squash	Red bell peppers
Purple beans	Broccoli	Sweet corn	Carrots	Cranberries
Plums	Green beans	Lemons	Apricots	Red beets
Grapes	Kale	Yellow watermelon	Mangoes	
	Swiss chard		Pumpkin	
	Avocados		Cantaloupe	

## Arco iris de alimentos

Las frutas y las verduras crecen en muchos colores. Una manera de ser saludable es comer las frutas y las verduras frescas cada día.



► Coloree el arco iris.

Azul-morado	Verde	Amarillo	Anaranjado	Rojo
Arándanos	Lechuga	Toronja	Naranjas	Tomates
Repollo rojo	Chícharos	Tomates amarillos	Camotes	Fresas
Berenjena	Espinaca	Plátanos	Calabacera	Pimientos rojos
Frijoles morados	Brócoli	Elote	Zanahorias	Arándanos agrios
Ciruelas	Frijoles verdes	Limones	Albaricoques	Remolachas rojas
Uvas	Col rizada	Sandía amarilla	Mangos	
	Acelga		Calabaza	
	Aguacates		Melón	